



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 35072, Seal, ringed, liver (Alaska Native)

Report Date: July 16, 2017 06:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	74.20	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	116	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	484	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein <sup>1</sup>	g	18.60	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) <sup>1</sup>	g	3.30	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash <sup>1</sup>	g	1.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	2.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
<strong>Minerals</strong>													
Calcium, Ca <sup>1</sup>	mg	13	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe <sup>1</sup>	mg	13.50	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Phosphorus, P <sup>1</sup>	mg	3	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
<b>Vitamins</b>													
Thiamin <sup>1</sup>	mg	0.180	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin A, RAE	µg	4880	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2012
Vitamin A, IU <sup>1</sup>	IU	36600	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
<b>Lipids</b>													
Fatty acids, total saturated <sup>1</sup>	g	1.170	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total monounsaturated <sup>1</sup>	g	1.100	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total polyunsaturated <sup>1</sup>	g	1.030	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated <sup>1</sup>	g	0.060	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	01/2008
18:3 undifferentiated <sup>1</sup>	g	0.010	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	01/2008

Sources of Data

<sup>1</sup>Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993